

The Strawberry Vine



Alice E. Souza,
Executive Director

APRIL 2016

Tel. 508-823-0095
<http://www.dighton-ma.gov>

Dighton Council on Aging, 300 Lincoln Avenue, North Dighton, MA. 02764
SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

DON'T FORGET TO VOTE

**Annual Town Election
Saturday, April 9th.,
Dighton Elementary School
8:00 a.m. - 6:00 p.m.**



HEARING SCREENING AND HEARING AID CHECKS

The Dighton Council on Aging will be hosting a Hearing Screening and Hearing Aid Check. The screening takes about 10 minutes or so, the ear canal is checked for wax buildup and you will be checked for hearing loss with an audiometer. If you have hearing aids, they will be checked and batteries replaced if needed, and any questions you may have answered. The Hearing Screening will be held on Thursday, April 28th., from 10:00 a.m.—12:00 p.m., at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. Please call us at 508-823-0095 to make an appointment.

MAKE A DIFFERENCE BECOME A HOSPICE VOLUNTEER

Community VNA Hospice & Palliative Care is seeking new hospice volunteers. Those interested will participate in a 20 hour training course beginning May 3 through May 24, 2016. Sessions will take place on Tuesdays and Thursdays from 9:00AM - 12:00PM at Community VNA, 10 Emory Street in Attleboro. As our Hospice Program grows, so does the need for compassionate volunteers to help our terminally ill patients and family caregivers. Volunteers find the work of Hospice gratifying and uniquely meaningful because they assist those in need at a critical point in their lives. Assignments take place in the communities we serve which include: Attleboro, Dighton, Easton, Foxboro, Franklin, Mansfield, Norton, North Attleboro, Plainville, Rehoboth, Seekonk, Taunton and Wrentham. Pre-registration, by April 15, 2016, is required for this hospice volunteer training session. For more information, please contact the Community VNA Hospice Care Volunteer Coordinator at 508-222-0118 or email volunteer@communityvna.com





PRIME TIME HAPPENINGS

1059 Somerset Ave. Dighton, MA 02715



PRIME TIME DONATIONS NEEDED

1. **Puzzles** 100-300 pieces (**large pieces**).
2. **Individually wrapped cookies and crackers** for bingo prizes. Please drop off at Prime Time, 1059 Somerset Ave., Dighton, or at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton.

PODIATRY CLINIC

The Podiatrist will be at Prime Time, 1059 Somerset Ave., Dighton, on Friday, April 1, and Thursday, April 28th. ***This is by appointment only.*** Please call 508-669-6272 for more information and to check availability. ***There's limited space, so please call early.***

PRESENTATION AT PRIME TIME

Sarah Sheppard, Nutritionist, from Bristol Elder Services, will be speaking on: Foods for Healthy Aging: Feeding your Mind, Body and Soul. Join us at Prime Time, on Tuesday, April 12th., from 10:30-11:30 am. Please call 508-669-6272 if you plan on attending.



ENTERTAINMENT AT PRIME TIME

With years of experience in entertaining, Gary Leanues provides quality music, playing keyboards and guitar and he has a dynamic voice. Gary Leanues will be performing at Prime Time, 1059 Somerset Ave. on Thursday, April 21st., at 12:30 p.m. Dighton Residents 60+ are invited to attend. Please call 508-669-6272 if you plan on attending.

SAVE THE DATE!

A performance of ***"Mabel and Jerry"*** - ***A comedy in one act, by Steve Henderson***, will be held at Prime Time Adult Supportive Day Program, 1059 Somerset Ave., in Dighton, on Tuesday, May 10, 2016 at 12:30 p.m. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen. A terrific performance free and open to the public. Please call 508-669-6272 to let us know if you plan on attending. ***This program is sponsored in part by a grant from the Dighton Cultural Council, a local agency of the Massachusetts Cultural Council, a State Agency.***

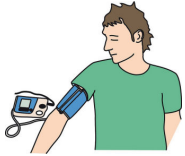
LUNCH AT PRIME TIME

Prime Time's Monthly Menu did not arrive in time to be put into the Strawberry Vine. However, nutritious meals are still served at Prime Time, Monday through Friday, at 11:30 a.m., by reservation. Please call 508-669-6272 by 10:30 a.m. the previous day to reserve a meal.

VISION CLINIC AT PRIME TIME

The next Vision Clinic will be held Tuesday, May 31, 2016 at 8:45 a.m., at Prime Time. Cornerstone Family Vision provides this free service of minor repairs and adjustments to eyeglasses. If you are a Dighton resident 60+ and need this service, please call (508) 669-6272 for more information.





WELLNESS AND BLOOD PRESSURE CLINIC

Our Wellness Clinic will be held on Tuesday, April 19th., at 9:30 am, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. The scheduled topic for this month, ***"Depression Awareness"***. A Nurse will be available to answer questions and to check your blood pressure.

YOGA CLASSES

Did you know that Yoga can increase your overall vitality and agility? If you are overstressed, lacking energy, or haven't exercised for a while, ***Yoga*** class is for you. Classes are held for those 60+, on Tuesdays, from 11 am -12 pm, at the Dighton Council on Aging, in the Lincoln Village Community Center, 300 Lincoln Ave., N. Dighton. Please call 508-823-0095 for more information.



EXERCISE CLASSES

Classes are held for those age 60+ on Mondays and Wednesdays starting at 9:30 a.m., at the Dighton C.O.A., 300 Lincoln Ave. For more information please call 508-823-0095.

TAI CHI WITH JAIME IS BACK!

Tai Chi Classes are held on Fridays, from 9:00 a.m. to 10:00 a.m. Classes are held at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. For more information please call (508) 823-0095.

MEN'S SOCIAL GROUP

The Men's Social Group will be getting together on ***Tuesday, April 12th., at 10:00 a.m.*** Come socialize and have a cup of coffee and ***"Shoot the Breeze"***. The group gets together at the Dighton C.O.A at 300 Lincoln Ave. Hope to see you there?

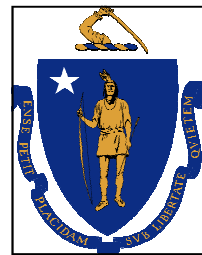


VETERANS CORNER

The Dighton Veterans Agents' Office is located in the Dighton Town Hall, 979 Somerset Ave, Dighton. Office hours are held Mondays and Tuesdays 7:30 a.m. - 4 p.m. and Wednesdays 7:30 a.m.—11:30 a.m. call 508-669-5027 for more information.

SENATOR MARK PACHECO

Senator Mark Pacheco, or a representative, will be at the Dighton Council on Aging on Tuesday, April 19th., from 1:00 p.m.—2:00 p.m. If you have any questions, needs or concerns that Senator Pacheco can help you with, please come to the Dighton Council on Aging, 300 Lincoln Avenue, N. Dighton, (Lincoln Village Community Center). If you would like to set up an appointment, please give us a call at 508-823-0095.



FILE OF LIFE *Provided by the Dighton Lions Club.* We have the ***FILE OF LIFE*** for distribution to Dighton Seniors.

It is a **RED** file that you fill with medical information/history, and keep on your refrigerator door. It will be readily available if needed, by ***E***mergency ***M***edical ***T***echnicians, who will be able to perform corrective treatment at once. And it also helps in notifying proper emergency contacts. You may pick one up at the Dighton Council on Aging, or call 508-823-0095 for more information.

*"Spring would not be spring without bird songs."
~ Francis M. Chapman ~*

REMINISCING WITH MYRNA SANTOS

Myrna Santos, Town of Dighton Historian, would like to listen to your stories about the good old days. Join us ***Friday, April 8th., starting at 10 a.m.*** at the Dighton Council on Aging, located in the Lincoln Village Community Center, 300 Lincoln Ave., N. Dighton. Bring your old pictures, newspapers, scrapbooks, yearbooks, postcards, etc. Let us know you'll be coming by calling us at **508-823-0095**.

NEW PROGRAM-COLOR HOUR

Add color to your day! Come Color! Escape into your imagination. Come feel creative while expressing yourself. It's soothing and calming. New Research shows how creativity in the form of the visual arts can improve physical health. We will supply the prints for coloring, however you must bring your own coloring materials. There is no wrong way to color, so you may bring ***Colored Pencils, Gel Pens, Crayons, Highlighters or Markers.*** The important part is the ***Journey***, not how pricey your coloring tools are. See you on Thursday, April 14th., at 1:00 p.m.. Please let us know if you plan on attending by calling 508-823-0095. Walk ins are welcome.

**THE SOJOURN BEARS GROUP**

If you can sew, we can really use your help. You may sew in the comfort of your own home. We will be meeting, on Monday, April 25th., at 10:30 am. Bears made by caring volunteers, are distributed to Cancer Patients, Survivors and those effected by it, at nearby hospitals. For more information and to let us know if you would like to help, please call (508) 823-0095.

DID YOU KNOW?

Medicare does not sell or mail medical supplies. If you receive medical supplies that you or your doctor did not order, you might be the target of a fraud scheme.

Take action to protect your Medicare benefits:

- ◆ Refuse medical supplies you did not order
- ◆ Return unordered medical supplies that are shipped to your home
- ◆ Report companies that send you these items

**THE TOWN OF DIGHTON
HAS A VETERANS
CEMETERY ON MAIN STREET**

Internment is based on:

(1) Military Service. (2) Dighton Residency. There are Military Service requirements and documents needed. For more information, please call Arthur Morton, (508) 669-6601.

**LIBRARY REPRESENTATIVE
VISITS LINCOLN VILLAGE**

A Representative from the Dighton Public Library will be at the Lincoln Village Community Center on Tuesday, April 12th., and Tuesday, April 26th., from 1:00 pm - 3:00 pm. This program is for Dighton residents. You may check out and return books, videos, D.V.D's and more. To ask for a specific book title, video, etc., please call (508) - 669 - 6421, they will bring it to you at Lincoln Village. ***Delivery to Home Bound Elders is available.***

U.F.O'S/ARTS & CRAFTS GROUP

The Un-Finished-Object/Arts and Crafts Group will be getting together Tuesday, April 26, 2016, at 10:00 am, in the Lincoln Village Community Center. Let's finish your projects, bring your quilting, beading, knitting or crocheting, and let's finish it together. Please call (508) 823-0095 for more information.

Prime Time *An Adult Supportive Day Program*

NO WAITING LIST

For those of you who may not be aware of it, the Town of Dighton has an adult day program located to the rear of the Town Hall called “Prime Time”. The purpose of this program is to provide our elderly population with social activities in a supportive setting. Guests who attend are from Dighton and many surrounding communities. Respite for caregivers is also provided for those who need planned relief to conduct personal business or enjoy some leisure time away from a loved one who may not be able to be left alone.

At “Prime Time” a home-like atmosphere is provided fostering openness, sharing, laughter and understanding, all in a pleasant informal setting. Our guests benefit from, both, mental and physical stimulation and thoroughly enjoy participating in regularly scheduled activities and programs. An opportunity is provided for guests to socialize and enjoy a nutritious breakfast and lunch with their peers. Our goal is to foster personal enrichment and to promote the highest level of social functioning in a safe, caring and nurturing environment. “Prime Time” provides stimulating programs, for qualifying seniors, such as arts & crafts, light exercise, walking club, outings, blood pressure screenings, podiatry sessions, clinics, bingo, games, and a hairdresser and barber service.

If you would like to get out of the house and just be with people, or know someone who cannot stay home alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. “Prime Time” is open Monday through Friday from 8:00 a.m. to 3:00 p.m. At “Prime Time” your loved ones quickly become our loved ones. Call Alice or Sheila at 508-669-6272 for more information or to make an appointment to come and see for yourself just how wonderful a program it is. We’re here for you!

SMALL HOME REPAIRS

We have a volunteer who can do small repairs. To qualify, must be a Dighton Resident, 60+ and of low income. For more information please call the Dighton Council On Aging at (508) 823-0095.



MEDICAL LOAN CLOSET

Temporary loans of medical equipment are available, such as wheel chairs, canes, and walkers. If you or someone you know is in need, please call 508-823-0095.

TOWN OF DIGHTON COMMUNITY FOOD BANK

Dighton Town Hall, (Lower Level)
979 Somerset Ave, Dighton
The Last Saturday of the month.
8:30 a.m.—10:00 a.m.



First time attending: Must show ID and Utility bill with address and, **Show Proof of need:** Tax Returns, Disability Statement.

HOW DOES DEPRESSION FEEL?

Occasional feelings of sadness are part of life. But if you feel sad for more than a few days, have lost interest in activities that you usually enjoy and feel tired or hopeless, you may be dealing with depression. Community Counseling of Bristol County can help. Their Elder Mobile Outreach Team consists of a counselor, a registered nurse, and a psychiatrist. This team visits elders at home, provides support for emotional and substance abuse problems, and can facilitate communication with the elder's medical team. If you or someone you know could benefit from these services please call Community Counseling of Bristol County at:

508-828-9116

Med Wheels

Long distance transportation funded through United Way of Greater Attleboro/Taunton for seniors and people with disabilities that are ADA eligible in **Dighton**, and surrounding communities.

To make a reservation, please call

508-823-8828, ext. 263



GATRA TRANSPORTATION

Makes Everyday Life a Little Easier

GATRA also provides **Dial-A-Ride**, a curb-to-curb transportation for persons 60 years or older. To find out which services are available call: **1-800-483-2500** or visit the website **www.gatra.org**



DIGHTON HOUSING AUTHORITY

Applications are being accepted for one bedroom apartments at Lincoln Village, low income housing for the Elderly/Disabled. Dighton residents having preference. The age requirement is 60+. Those with a permanent disability or handicap also qualify. Limits of income are \$44,950 for an individual and \$51,350 for a couple. Rent is based on 30% of gross income and includes all utilities. Please contact the Dighton Housing Authority at 508-823-8361, 300 Lincoln Avenue, North Dighton, MA 02764. The office is open from 8:00 a.m. till 2:00 p.m., Tuesday, Wednesday, and Thursday. For more information and an application please visit the Dighton Housing Authority website:

<http://dightonhousingauthority.org>

APRIL 2016 CALENDAR EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>T.H.= Town Hall L.V.=Lincoln Village P.T.=Prime Time</i></p> <p><i>Need Transportation? Call Dial-A-Ride (508) 823-8828</i></p>	<p><i>Delicious, nutritious meals served at Prime Time! Please call 24 hours in advance to reserve.</i></p>			<p>1) Walking Club- At the Town Hall</p> <p><i>Podiatrist at Prime Time (By appointment only)</i></p> <p>9:00 Tai Chi</p>
<p>4) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Whist Party</p>	<p>5) Walking Club- At the Town Hall</p> <p>11:00 Yoga Classes</p>	<p>6) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games </p>	<p>7) New Moon </p> <p>Walking Club- At the Town Hall</p> <p>1:00 Color Hour</p>	<p>8) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi</p> <p>10:00 Reminiscing With Myrna</p>
<p>11) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p>	<p>12) Walking Club- At the Town Hall</p> <p>10:00 Men's Social</p> <p>11:00 Yoga Classes</p> <p>1:00-3:00 Library Rep. @ Lincoln Village</p>	<p>13) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games </p>	<p>14) Walking Club- At the Town Hall</p> <p>1:00 Card Games</p>	<p>15) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi</p>
<p>18) Walking Club- At the Town Hall</p>  <p>PATRIOTS DAY</p> <p>Dighton COA & Prime Time Closed</p>	<p>19) Walking Club- At the Town Hall</p> <p>9:30 Wellness Clinic</p> <p>11:00 Yoga Classes</p> <p>1:00-2:00 Senator Pacheco Rep. at Lincoln Village</p>	<p>20) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games </p>	<p>21) Walking Club- At the Town Hall</p> <p>12:30 Entertain- ment at Prime Time</p> <p>1:00 Card Games</p>	<p>22) Full Moon </p> <p>Walking Club- At the Town Hall</p> <p>EARTH DAY</p>  <p>9:00 Tai Chi</p>
<p>25) Walking Club- At the Town Hall</p> <p>9:30 Exercise Class</p> <p>10:30 Sojourn Bears</p>	<p>26) Walking Club- At the Town Hall</p> <p>10:00 U.F.O's</p> <p>11:00 Yoga Classes</p> <p>1:00-3:00 Library Rep. @ Lincoln Village</p>	<p>27) Walking Club- At the Town Hall</p>  <p>Happy Administrative Professional's Week</p> <p>9:30 Exercise Class</p> <p>1:00 Card Games </p>	<p>28) Walking Club- At the Town Hall</p> <p><i>Podiatrist at Prime Time (By appointment only)</i></p> <p>10:00 Hearing Screening at COA</p> <p>1:00 Card Games</p>	<p>29) Walking Club- At the Town Hall</p> <p>9:00 Tai Chi</p> <p>Celebrate Arbor Day</p>  <p>Plant A Tree</p>

Dighton Council On Aging
300 Lincoln Avenue
North Dighton, MA 02764

PRSRT STD
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Taunton, MA 02780

THE STRAWBERRY VINE NEWSLETTER APRIL 2016

Informational Services available through
Council on Aging office:

Wellness Clinic
Podiatrist Clinic
Vision Clinic
Card Games
Arts & Crafts Group
Sojourn Bear Group
Entertainment at Prime Time
Exercise Program
Tai Chi
Yoga Program
Men's Social Group
Food Stamps
Project Bread's Food Source Hotline
Prescription Advantage Insurance Program
Nutrition Program
File of Life Program
RUOK Program
SHINE Program
Legal Assistance
Meals on Wheels and much more.

If you have any questions at all concerning
elder affairs please do not hesitate to call us
at 508-823-0095. We are here to help!

Dighton Council on Aging:

Executive Director:

Alice E. Souza

Board Members:

Thomas Ferry

James Hoye

Gloria Johnson

Jeffrey Allie

James DeArruda



“PRIME TIME” is an adult supportive respite facility located in the rear of the Town Hall, 1059 Somerset Avenue, Dighton, (Route 138). If you know of someone who cannot stay alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. **“Prime Time”** is open Monday through Friday from 8:00 a.m. to 3:00 p.m. **“PRIME TIME”** is a supervised program for elders where they can enjoy a full and productive life. Call Sheila at (508) 669-6272 or visit us at www.dighton-ma.gov for more information.